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NEWS RELEASE

FOR IMMEDIATE RELEASE
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West Nile Virus Detected in Washington County Woman and Valley County Horse

A woman from Washington County and a horse in Valley County have tested positive for West Nile virus. This is the first human infection from West Nile reported in Washington County, affecting a woman in her 50s who is recovering at home. The horse in Valley County is the first evidence of the virus in that county.

So far this year, four people, nine birds, 46 horses and 17 mosquito pools have tested positive for West Nile virus in 10 of Idaho's 44 counties. These include Ada, Adams, Canyon, Gem, Gooding, Lincoln, Owyhee, Payette, Valley and Washington Counties.

“West Nile activity has picked up significantly the last two weeks,” says Dr. Leslie Tengelsen, Deputy State Epidemiologist for the Idaho Department of Health and Welfare. “We urge everyone who will be outdoors enjoying the Labor Day holiday to take precautions to protect their health and fight the bite of mosquitoes.”

West Nile virus was first discovered in the United States in 1999 in the New York City area. Since then, the virus has spread westward and can be found throughout the country. Last year, 11 of Idaho's 44 counties reported West Nile activity.

To protect themselves from mosquito bites, Tengelsen advises people to:

- Insect-proof their homes by repairing or replacing screens;
- Reduce standing water on their property that provides mosquito breeding habitat, such as bird baths and decorative ponds;

- Cover up exposed skin when outdoors;
- Apply insect repellent approved by the EPA to exposed skin and clothing. Follow instructions on the product label, especially for children;
- Avoid mosquitoes when they are most active at dawn and dusk; and
- Report dead birds to your local Fish and Game office.

“About 80 percent of people who are bitten by an infected mosquito will not become sick, but others may experience a mild, flu-like illness that can include headaches, body aches and a mild fever,” Tengelsen says. “Occasionally, the virus can lead to serious illness that requires hospitalization, especially in people over the age of 50.”

West Nile virus does not appear to affect most animals including dogs and cats, but can cause severe illness in horses and certain species of birds. Although there is not a vaccine available for people, there are several vaccines for horses. Approximately one-third of horses which contract West Nile virus will die, so horse owners are encouraged to contact their veterinarian about vaccinating their animals. Horse owners who suspect West Nile viral infection in their animal should contact their veterinarian immediately.

Additional information about the virus is available from the Department of Health and Welfare’s web site at <http://www.westnile.idaho.gov>. The Idaho State Department of Agriculture’s Urban Pest Management program also has information available on steps to prevent home-grown mosquito infestations. Information is available on ISDA’s web site at <http://www.idahoag.us>.

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(Editors: For information about human infection, please contact Tom Shanahan, Idaho Department of Health and Welfare, 334-0668; Laurie Boston, Southwest District Health, 455-5325; Dave Fotsch, Central District Health, 327-8639; or Monie Smith, South Central District Health, 737-5978. For additional information about West Nile infections in horses, please contact Wayne Hoffman at the Idaho Department of Agriculture at 332-8671.)